

## **Intervention: College-age physical/health education**

Finding: Insufficient evidence for effectiveness

### **Potential partners to undertake the intervention:**

- |   |  |
|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions                   | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities               | <input type="checkbox"/> Media                             |
| <input type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                  | <input type="checkbox"/> Policymakers                      |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### **Background on the intervention:**

College-age physical and health education interventions involve didactic and behavioral education classes aimed at increasing and retaining physical activity levels as well as helping develop and retain lifelong healthy habits.

### **Findings from the systematic reviews:**

The Guide to Community Preventive Services reports insufficient evidence for effectiveness for these interventions. Practices that lack sufficient research to support effectiveness should not be confused with ineffective programs. Rather, they should be recognized as programs that have the potential to become evidence based practices—if properly evaluated. Practitioners are encouraged to monitor the impact of these programs in their communities and report on their findings in order to build a base of knowledge sufficient to reach consensus.

The Community Guide is a well respected source of evidence-based practices in public health. With guidance from the Task Force on Community Preventive Services, it summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote community health and prevent disease for a variety of topics.

### **References:**

[Guide to Community Preventive Services](http://www.thecommunityguide.org/pa/default.htm) - <http://www.thecommunityguide.org/pa/default.htm>